

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Darlene Tate, Administrative Secretary



AUGUST 2015

See our newsletter online at: <http://www.avonct.gov>

Senior Center Coordinator Message

Happy Summer Everyone!! We have been enjoying some beautiful weather and everything looks lovely outside. Summer is so nice with the trees looking green, flowers in bloom with their glorious colors and the sun shining in the sky.

Everything is beautiful in the senior center too! We have been enjoying our summer and will continue to do so this month. Please see our programs, classes, trips and events in this newsletter.

We want to say *Thank You* to our interns, Katilyn from CCSU & Kathryn from UCONN. They have been with us for awhile and we appreciate all they have done. They're fun and we value them.

"Big Ups" to the interns!!

We are starting some new programs, collaborations and initiatives, so please read about them in the newsletter and join us! We love meeting new people and making new friends. We want our Senior Center Family to continue to grow!

As we move toward next month, I want to remind you that September is *Senior Center Month* and we will be having a lot of programs & events! The theme is "Celebrate LIFE at your Senior Center! So, get ready!

We also want to take time to reflect on the members of our Senior Center Family who are no longer with us. We love you and we'll miss you. We thank you for being in our lives. If you want to remember someone, please see our Remembrance Bowl in the lounge and put a stone in the bowl in honor of someone who has passed.

Thank you again for joining us at the senior center and spending time with us. We enjoy having you!

Respectfully, Jennifer Bennett, LMSW

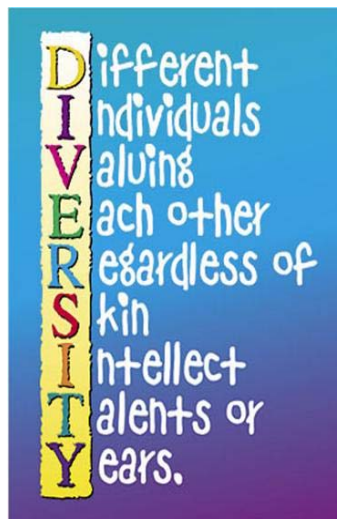


Avon Senior Center would like to say a **BIG THANK YOU** to the Rotary of Avon-Canton for their grant award. We appreciate your thoughtfulness & kindness and we have been enjoying our new 48 inch flat screen TV in our lounge. You should see us Wii Bowl!!! Also, thank you for another wonderful Annual Senior Picnic in July! The food was delicious, the entertainment lively and the crowd was fantastic!! Thanks again!!



Avon Aces Wii Bowling Team– You Strike!!!

Avon Aces Wii Bowling Team has done a great job representing the Avon Senior Center at another Wii Bowling Tournament. In July, they bowled their best and we are so proud of them!! They had a great time at the Torrington Senior Center with over 100 seniors and bowlers. This is the 2nd BIG Tournament that they have attended and they have participated in many smaller ones and we look forward to many more! Thanks again Avon Aces!!



Our Mission Statement

The Avon Senior Center supports the social, educational, recreational, cognitive, physical and psychological needs of all seniors. We are committed to offering an open and welcoming space to everyone. We strive to enhance the quality of life for all older adults.

AUGUST EVENTS 2015

Jennifer Bennett, LMSW Avon Senior Center Coordinator
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860-675-4355

Monday, August 3, 2015

"Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 1st Monday of every month from 9:00 am-12:00 pm for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Tuesday, August 4, 2015 from 11:30-1:30

"Free Blood Pressure Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you any have questions, please feel free to call the senior center at 860-675-4355.

Wednesday, August 5, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.



Thursday, August 6, 2015 from 1-3 p.m. in Canton "SNAP Outreach"

End Hunger CT! will be at the Canton Senior Center on Thursday, August 6th from 1-3 for SNAP Outreach. Supplemental Nutrition Assistance Program (SNAP), former Food Stamp Program, is the nation's first defense against hunger. SNAP gives people a monthly benefit, via an Electronic Benefit Transfer card (EBT); that is used to purchase food. Many farmers markets around the state accept SNAP. End Hunger CT! SNAP outreach project is funded through grants from the AARP Foundation, Walmart Foundation, FRAC and the USDA Food and Nutrition Service. Please call Canton Senior & Social Services for an appointment at 860-693-5811.

What You Need to Bring

1. Picture ID: Driver's license, Passport, any Photo ID
 2. Four recent paystubs if weekly 2 if biweekly
 3. Proof of Address: Lease, Living Arrangement Letter
 4. Utility Bills: Gas, Light, Water, Oil
 5. If you are over 60 you have to bring medical expense records
- You also need to know all of the social security numbers of those in your household.

This SNAP Outreach program will be held every month starting in August in Canton, September in Avon & rotating back and forth between the two senior centers every month. We are so pleased to be able to offer this to our communities. We thank End Hunger CT!, Canton Senior & Social Services & the Avon Senior Center for this fantastic collaboration.



Friday, August 7, 2015 at 10:00 a.m.

"Ping Pong"

Ping Pong is so much fun! Come and join us for a game or two or more. If you want to learn, we'll show you. If you're experienced, game on! Please call the senior center at 860-675-4355 to sign up.

Wednesday, August 12, 2015 at 10:00 a.m.

"Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Friday, August 14, 2015 at 10:00 a.m.

"Ping Pong"

Ping Pong is so much fun! Come and join us for a game or two or more. If you want to learn, we'll show you. If you're experienced, game on! Please call the senior center at 860-675-4355 to sign up.

Friday, August 14, 2015 at 12:30 p.m.

"Ice Cream Sodas"

Celebrate summer with ice cream sodas!! Feel free to brown bag your lunch & we will enjoy delicious & delightful dessert of ice cream sodas together! Please call the senior center at 860-675-4355 to sign up.

Wednesday, August 19, 2015 at 10:00 a.m.

"Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Friday, August 21, 2015 at 10:00 a.m.

"Ping Pong"

Ping Pong is so much fun! Come and join us for a game or two or more. If you want to learn, we'll show you. If you're experienced, game on! Please call the senior center at 860-675-4355 to sign up.

Tuesday, August 25, 2015

DRESS DOWN DAY!!!!

Let's celebrate summer!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Wednesday, August 26, 2015 at 10:00 a.m.

"Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

Friday, August 28, 2015 at 10:00 a.m.

"Ping Pong"

Ping Pong is so much fun! Come and join us for a game or two or more. If you want to learn, we'll show you. If you're experienced, game on! Please call the senior center at 860-675-4355 to sign up.



LGBT "Moveable Senior Center" Events

Avon Senior Center, along with 4 other Senior Centers in the state, received grant funding to provide & promote LGBT (Lesbian, Gay, Bisexual, Transgender) focused programming. The "Moveable Senior Center" concept was born & every month each Senior Center will have a full day of programming & events geared toward older adults who identify as LGBT that is completely grant funded. Specific program details will follow. Call Jennifer at 860-675-4355 with questions.

Senior Center	Programming Date LGBT Moveable Senior Center	Time
Avon	September (Thurs Sept 24)	2:30-7:30
Newington	October (Fri Oct 16)	9:00-2:00
Bloomfield	November (Thurs Nov 12)	3:00-8:00
Canton	December (Tues Dec 15)	10:00-3:00
Simsbury	January (Thurs Jan 21) (snow date Jan 28)	3:00-8:00



Bridge- Tuesdays & Thursdays at 12:30 p.m.- Intermediate
 Scrabble- Tuesdays at 1:30 p.m.
 Shuffleboard- Wednesdays at 10:00 a.m.
 Setback- Wednesdays & Fridays at 12:00 p.m.
 Ping Pong- Fridays at 10:00 a.m.

**Foodie Film Fridays**

1:30 PM

Fantastic all-American films and food from area restaurants!

June 19	Jailhouse Rock
June 26	A League of Their Own
July 10	The Monuments Men
July 17	A Streetcar Named Desire
July 24	2pm: ARMY BAND CONCERT, no movie!
July 31	Blues Brothers (part of BLUE MOON day!)
Aug. 7	Apollo 13
Aug. 13	Chef

Avon Free Public Library 281 Country Club Road
 Avon, CT 06001 860-673-9712

Birthdays

August

Gloria Farrell	2nd
Phyllis Chirgotis	6th
Mickey Bennett	7th
Tom Carey	11th
Ms.R.Christopher	11th
Dorothy Floyd	12th
Ida Maillett	13th
Rita Distin	18th
John King	30th



Thinking Thursdays



Complete the Puzzle, Answer the Riddle
 & Think outside the box!!
 Every Thursday during lunch!

Thankful Tuesdays

Bring a smile, share your thoughts
 & think positive!
 Every Tuesday during lunch!



2015 Summer Classes
(see dates & locations below)

Tai Chi for Seniors - Summer Session I

Date(s) of Class: July 1, 8, 15, 22, 29, August 5

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Tai Chi for Seniors - Summer Session II

Date(s) of Class: August 19, 26, September 2, 9, 16, 23

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

Zumba Gold Summer Session I

Date(s) of Class: July 1, 8, 15, 22, 29, August 5

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Zumba Gold Summer Session II

Date(s) of Class: August 19, 26, September 2, 9, 16, 23

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

Zumba Gold Summer Session I

Date(s) of Class: June 29, July 6, 13, 20, 27, August 3

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Zumba Gold Summer Session II

Date(s) of Class: August 17, 24, 31, September 14, 21, 28

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

Mid-Tempo Summer Session

Date(s) of Class: 06/01/2015 - 09/28/2015

Day(s), Time & Location: M/W, 8:30 am—9:30 am

Avon Senior Center




For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See **August's** menu below:

TUESDAY		THURSDAY	
4	Grape Juice Grande Cheese Ravioli w/Tomato Sauce Tossed Salad Greens w/Tomatoes/Cucumbers Italian Dressing 100% Whole Wheat Bread Sliced Apples	6	Orange-Pineapple Juice Cran Raisin Chicken Salad In a Com Bowl Tortellini Salad Shredded Lettuce Cookie
11	Orange-Pineapple Juice Veal Piccata Boiled Potatoes Sliced Carrots 100% Whole Wheat Bread Sliced Peaches & Pears	13	Orange Juice Seafarer Seafood Salad on Croissant Baked Sweet Potato Lettuce Fresh Fruit
18	Seasoned Chicken in Alfredo Sauce Farfalle Noodles Italian Mixed Vegetables Dinner Roll Fresh Orange	20	Beef Vegetable Soup Eggplant Roll-Up w/Marinara Sauce Rotini w/Tomato Basil Sauce Mixed Vegetables Club Roll Oatmeal Fruit Bar
25	Tomato Vegetable Soup Cold Cut Grinder: Turkey/Ham/American Cheese Potato Puffs Leaf Lettuce/Sliced Tomatoes Grinder Roll/Saltines Mustard/Mayonnaise Fresh Fruit	27	Orange-Pineapple Juice Oven Fried Chicken Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Sliced Apples
			



Boston Duck Tours & Historic Fenway Park: Saturday, August 22, 2015 - Enjoy some of Boston's most popular attractions and sample the wonderful culinary hotspots it offers.

Tour highlights include the Boston Duck Tour, time for lunch at the Prudential Center, a tour of Historic Fenway Park, leisure time at Quincy Market and a tour director. **Cost per person: \$108.00**

Delaney House and the Scenic CT River! Tuesday, Aug. 26, 2015 - Today you will enjoy a delicious lunch at the elegant DELANEY HOUSE in Holyoke, MA. After lunch, relax and enjoy a leisurely RIVER CRUISE along one of the loveliest stretches of the Connecticut River. **Cost Per Person: \$91.00**

Adirondack Hot Air Balloon Festival: Friday, Saturday, Sunday, Sept. 18 thru 20 - Experience the hot air balloon launch from the Floyd Bennett Memorial Airport, Queensbury, NY. The opportunity to view the launching of numerous multicolor balloons is so unique – you won't want to miss it!

Includes round trip motor coach transportation, 2 nights at the Clarion, Lake George, 2 breakfasts at the hotel, The Festival, a lunch cruise on the Lac du Saint Sacrement and a Lake George tour with a local guide. **Cost per person: \$424.00 Triple/Quad, \$434.00 Double, \$574.00 Single, \$314.00 Child/w/adults**

Travel arrangements by Silver Mill Tours. Pick up & drop off point is New Britain Commuter Lot– the lot opposite Target on Route 71 south of West Farms Mall.

Schooner Sailing: Wednesday, Sept. 9, 2015 - Today we will travel northeast to picturesque GLOUCESTER, MA. After our luncheon, we will set sail on the 65-foot SCHOONER, the THOMAS E. LANNON, the first such ship in 50 years to be built at the Essex Shipbuilding Museum Shipyard in Essex, MA. **Cost Per Person: \$122.00**

Naugatuck Valley Railroad & Carousel Museum - Tuesday, October 13, 2015 - All Aboard! We will depart from your area this morning, en route to the historic NAUGATUCK VALLEY RAILROAD train station in Thomaston, CT. Upon arrival, you may briefly visit the Railroad Museum and Gift Shop. We will then board a train featuring vintage passenger coaches with warm and comfy seating. We'll take a leisurely ride showcasing the beautiful fall foliage in the Naugatuck Valley. Sit back, relax, and enjoy the scenery. **Cost per person: \$94.00**

Travel arrangements by Getaway Tours & Cruises. Pick up & drop off points TBD.

For Information & Reservations
Avon Senior Center 860-675-4355

CRT – NUTRITION DEPARTMENT JOB POSTING

TODAY'S DATE: June 18, 2015

POSITION: CAFÉ MANAGER

LOCATION: Avon Senior Center
635 West Avon Road
Avon, CT 06001

HOURS: 6 Hours / Per Week
SALARY: Based Upon Experience.



POSITION SUMMARY: The Café Manager is responsible for serving the noon-time meals to senior diners at our Avon S.C. meal site from 10:00 a.m. to 1:00 p.m., Tuesday & Thursday only. Duties include, volunteer supervision, record keeping, reporting and maintaining food service standards.

QUALIFICATIONS: Experience in Foodservice is preferred. Must be able to work with people, solve problems and work independently. High school diploma or equivalent; One to three months related experience, training or equivalent combination of education and experience.

Please contact Ernesto Rios at 860-560-5833 about this position.






"My Story, My Gift" is a program where older adults are given the opportunity to share their stories in written form, by reading them aloud and/or by having them videotaped to present to their families as a gift. The idea is for seniors to share their stories and put their stories together to be able to keep as a memento and pass down to future generations.



The senior center has information, resources and materials regarding issues facing older adults. If you have any questions, please feel free to call us at 860-675-4355. We're here to help.



AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold —ASC <div>3</div>	9:00 Billiards 9:30 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 1:30 Scrabble <div>4</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold—CSP <div>5</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 SNAP Outreach in Canton <div>6</div>	9:30 Billiards 10:00 Ping Pong 12:00 Setback <div>7</div>
8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold —ASC <div>10</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 1:30 Scrabble <div>11</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold—CSP <div>12</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge <div>13</div>	9:30 Billiards 10:00 Ping Pong 12:00 Setback 12:30 Ice Cream Sodas <div>14</div>
8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – ASC <div>17</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble <div>18</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold—CSP <div>19</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge <div>20</div>	9:30 Billiards 10:00 Ping Pong 12:00 Setback <div>21</div>
8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – ASC <div>24</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble DRESS DOWN DAY!!! <div>25</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold– CSP <div>26</div>	9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge <div>27</div>	9:30 Billiards 10:00 Ping Pong 12:00 Setback <div>28</div>
8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:30 Mah Jongg 3:30 Zumba Gold – ASC <div>31</div>				

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